

# For Your Health and Benefits

From the Arizona Department of Administration  
Human Resources/Benefits Office



June 2005

benefit  
options  
**wellness!**  
Be Well Stay Well.

## ADOA Takes the Weight Off

By Jeri Penrose, Communications Coordinator

According to the nation's first report card on obesity, nearly six in 10 adults in Arizona are overweight or obese. But more than 40 employees at the Department of Administration, including Director Betsey Bayless, are hoping to reverse this trend by modeling healthy behaviors for fellow citizens.

For a total of 10 weeks this spring, the State's Employee Wellness team launched The Great ADOA Weight-Off, a program to encourage agency employees to lead the fight against obesity.

"The purpose of this exciting effort was to have fun and lose weight in the process," said Connie Copeland, operations manager for Arizona Benefit Options, and fellow Weight-Off participant.

"The best part about it was that we formed healthier eating habits," Copeland added. "Even those who did not experience a significant drop in weight benefited from the program and the accountability of their coworkers."

Employee Wellness kicked off the challenge on Friday, March 11, with a group weigh-in on a large truck scale in the parking lot of the ADOA building at 100 N. 15<sup>th</sup> Avenue in Phoenix. Participants held signs and posed for pictures while Wellness team members prepared to hand out welcome packets and insulated lunch bags.

### Individual Coaching a Benefit

One main feature of the Weight-Off program involved weekly weigh-ins for participants and opportunities for individual coaching by Wellness team members. Kim Gossling, a program specialist with the

Wellness team, did much of the weighing and coaching.

"My favorite part of this challenge was meeting participants and getting to know them personally," said Gossling. "Each person had a different approach that worked for them. They adopted some of our suggestions and even tailored them to fit their individual lifestyles."

Gossling also led weekly walks around Wesley Bolin Plaza for participants interested in getting out for a few minutes of fresh air and physical activity during the day.

-continued on page 4



Participants in The Great ADOA Weight-Off gathered together on the afternoon of March 11, 2005 to weigh themselves on a Department of Transportation truck scale.

## Free Mini-Health Screening at work!

Screening takes as little as 15 minutes and no appointment is necessary.

- ☐ Checks of blood pressure and percent of body fat
- ☐ Height/weight/frame size assessment
- ☐ Cholesterol and blood sugar check (blood draw) - eight-hour fasting period required
- ☐ Personal and confidential report mailed to your home.
- ☐ Women age 40 and over are eligible for a free osteoporosis screening.

Women under 40 can also have an osteoporosis screening for a copay of \$30.00.



Men 40 and over can get a prostate cancer (PSA) screening exam by blood draw for a copay of \$5.00.

### Upcoming Locations

Scottsdale- Friday, June 17, 2005  
8:00am-10:00am Structural  
Pest Control Board 9535  
E. Doubletree Ranch Road  
Conference Room

Phoenix- Tuesday, June 28,  
2005 8:00am-10:00am Dept.  
of Education 2005 N. Central  
Room 170

## Current Events from the Wellness Program

State employees and their dependents are welcome to attend the events listed. State of Arizona retirees and spouses are also welcome.



Events are free or low cost for employees and retirees. Fees may apply for family members at some events.

To register, call us directly at 602.771.WELL or toll free at 1.800.304.3687.

If you have internet email capability, you may email your registration to:

[wellness@azdoa.gov](mailto:wellness@azdoa.gov).

(screening locations continued)

Tempe- Thursday, June 30,  
2005 8:00am-10:00am Dept. of  
Economic Security 5038 S. Price  
Suite 114

**You do not need to call  
to register for Mini-Health  
screening.**

Call us at 602.771.WELL if you  
would like to have this screening  
at your office!

## Fit and Fast Food (90 minutes)

'Give up your diets forever and live the life of your dreams!' Sounds too good to be true? Not when you join Ted Rogers for 'Fit & Fast Foods'...exciting and delicious food, that's ready in minutes and is actually GOOD FOR YOU!

You'll also learn about the '5 Rules of Health' from his new book "Keep your Diets and Exercise Programs... I'll take Health!" You'll come away from this fast paced, informative session with a new outlook on your life and your well-being! Don't miss it! (\$1.00 copay)



Phoenix- Wednesday, June 15,  
2005 11:00am-12:30pm Dept.  
of Education 1535 W. Jefferson  
Room B-2

## CPR w/AED (4 hours)

The CPR program is taught by certified instructors, with the CPR being done in



accordance with American Heart Association (AHA) requirements. This class will also include Automated External Defibrillator (AED) training (\$5.00 copay).

Phoenix- Tuesday, June 7, 2005  
or Thursday, June 9, 2005  
8:30am-12:30pm State Gaming  
Dept. 202 E. Earll Suite 200

## Skin Cancer Screening

Any State employee is welcome. Skin cancer screening is free to State employees and includes:

- ▶ A site-specific assessment by a nurse practitioner or physician assistant from Banner Occupational Health.

Screening takes approximately 10 minutes and participants will not be required to fully disrobe.

- ▶ Assessment of risk for cancer, including personal and family medical histories, and lifestyle factors.
- ▶ Educational materials and counseling.

### Upcoming Locations

Prescott- Tuesday, June 14, 2005 9:00am-3:30pm Dept. of Economic Security 1000 Ainsworth Conference Room

Phoenix- Thursday, June 16, 2005 8:00am-2:30pm Dept. of Administration 100 N. 15th Ave Cottonwood Room

Payson- Thursday, June 23, 2005 8:00am-2:30pm Dept. of Transportation Payson Maintenance and Construction Yard

You must have an appointment! Please call one of the numbers listed below.

Skin cancer screening takes place every year from April through September.

If you would like screening at your office, please call 602.771.WELL or toll free at 1.800.304.3687, option 7,2 to discuss options.



## Mammography Screening

Mobile On-Site Mammography is an accredited mobile facility that offers mammograms at the worksites across the State. Call Mobile On-Site Mammography at 480.967.3767 or toll free at 1.800.285.0272 to make an appointment or if your office is interested in having the mammography van at your worksite.

## Get a Massage!

This program is open to State employees and their dependents. The cost is \$10 for a 15-minute massage or \$20 for a 30-minute massage.



The best part is that we come to you! Licensed massage therapists from National Stress Station will travel to worksites with at least 15 interested employees (and/or family members). Call National Stress Station at 480.990.1701 to discuss options for having this program at your worksite.

## Fast Food , Weight Gain, and Diabetes Risk

The results of a 15-year study following the fast-food eating habits of 3,000 healthy young adults for 15 years, found that people who eat fast food several times a week are prone to weight gain and insulin resistance. According to the researchers, the results suggest that fast food increases the risk of obesity and type 2 diabetes.



-The Lancet, January 1, 2005

## End Coming for Trans Fats in American Foods?

January 1, 2006, is the deadline for U.S. food manufacturers to include trans fat content on the Nutrition Facts label on all manufactured foods. Trans



fats are worse for your health than saturated fats. A greater awareness of the trans-fat content in foods will not be an asset for marketing them. In the coming months, substitutes for trans fat in food products will start appearing. Whether the substitutes will be better for Americans' health remains to be determined.

-University of California Berkeley  
Wellness Letter, May, 2005.

Walkers met in the ADOA lobby at a set time three days a week for the quick jaunt around the Capital Mall area. Sareth Jones, a procurement coordinator for Enterprise Procurement Services (EPS) could regularly be found on the weekly walks.

"I really enjoyed walking as a group," Jones commented. "It motivated me to walk with others and we had lots of good talks. Not to mention the fact that I felt better throughout the day when I got out for those few minutes."

### Encouragement Delivered via Email

One way for the Wellness team to stay in touch with participants throughout the 10 weeks was to send out weekly emails to encourage participants and applaud their efforts. Email messages covered such topics as "what to pack in your lunch box" and "what to do if you hit a plateau".

The message focusing on "emotional eating" was especially helpful to Dave Weller, Arizona Benefit Options representative and Weight-Off participant.

"The emotional eating email message helped trigger a change in my thinking and habits," Weller



Weight-Off participants Jeffrey Potter, Jessica Espinoza, Miriam Anzures and Sydney Standifird learned the strength of teamwork and holding each other accountable.

said. "I had to work at it and I still do, but I learned to use my break time for other things [besides eating], such as a quick walk."

"Overall, the weekly emails reminded me that I am on a weight-loss journey, and that a lot of factors affect my ability to stay on track," he added.

To learn more about **The Great ADOA Weight-Off**, visit the Employee Wellness website at [www.azbenefitoptions.gov/wellness](http://www.azbenefitoptions.gov/wellness). To inquire about conducting your own agency weight-off, call the Employee Wellness team at 602.771.WELL.

*Jeri Penrose can be reached at [jeri.penrose@azdoa.gov](mailto:jeri.penrose@azdoa.gov)*

*"Health, happiness and success depend upon the fighting spirit of each person. The big thing is not what happens to us in life, but what we do about what happens to us."*

— **George Allen**  
(American Football Coach)

Published by: ADOA Human Resources Benefits Office

100 N. 15th Ave., Suite 103  
Phoenix, AZ 85007

[www.azbenefitoptions.gov](http://www.azbenefitoptions.gov)  
[wellness@azdoa.gov](mailto:wellness@azdoa.gov)

Persons with a disability may request reasonable accommodation by contacting the Benefits Office. If you need this issue in an alternative format, please call 602.542.5008.

## Weight Watchers®

Arizona Benefit Options offers the Weight Watchers at Work program to State employees at State worksites. The "At Work" program is presented as a 10-week series.

From July 1, 2004 through June 30, 2005, all non-University State employees are eligible to join Weight Watchers for \$59.00 for each 10-week series. The fee includes materials. University employees need to check with their University wellness office for current rates.

Spouses and dependents are welcome to attend Weight Watchers classes at a copay of \$90 per 10-week session plus a \$10 charge for materials due at the first session they attend.

**Interested in attending a class or having Weight Watchers at your office?**

If you are interested in attending a class, please call Weight Watchers to check for available classes. Weight Watchers will conduct a free introductory meeting at your worksite. Weight Watchers can be reached at 602.248.0303. Ask to speak to someone in the "At Work" department. Please identify yourself as a State of Arizona employee.

